

Stay Safe Flood Recovery Advice and Resources



Floods take a toll on your home, emotions and community. Get the support you need.

While the damage to your home or car may be visible, floods may also affect you in other ways. Staying safe is your first priority. Learn more about disaster recovery and how to get the support you need.

www.liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the **Special Alert** for local resources (in the rotating Spotlight area near the top of the page.) You can also find online disaster and stress coping resources. Register/Login or enter with your Access Code. The toll-free support line number is **(866) 342-6892**. It will be open 24 hours a day, seven days a week. *Service is free of charge and available to anyone.* We are here to help. Sample resources found on our website in the “**Life, Family & Relationships**” area include:

- *After the Flood: The First Steps*
- *Evacuating Yourself and Your Family*
- *Returning Home After a Disaster: Be Healthy and Safe*
- *Keeping Food Safe During an Emergency*
- *Applying for Disaster Assistance*
- *Repairing Your Flooded Home*

You can share any of these articles with others afflicted by the flood simply by clicking the “Share” icon on any article and providing a destination email. Also, be wary of “too good to be true” repair scams after the storm.

After the Flood: The First Steps

Excerpted from Federal Emergency Management Agency. Read the entire article on liveandworkwell.com

Your home has been flooded. Although floodwaters may be down in some areas, many dangers still exist. Here are some things to remember in the days ahead.

- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.
- Keep listening to the radio for news about what to do, where to go, or places to avoid.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- If you must walk or drive in areas that have been flooded:
 - Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
 - Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.

Tips for Recovering from Disasters and Other Traumatic Events

Excerpted from the American Psychological Association, Reprinted with permission on liveandworkwell.com. Read the entire article on the website.

Shock and denial are typical responses to traumatic events and disasters, especially shortly after the event. Both shock and denial are normal protective reactions.....

As the initial shock subsides, reactions vary from one person to another. The following, however, are normal responses to a traumatic event:

- Feelings become intense and sometimes are unpredictable. You may become more irritable than usual, and your mood may change back and forth dramatically. You might be especially anxious or nervous, or even become depressed.
- Thoughts and behavior patterns are affected by the trauma. You might have repeated and vivid memories of the event. These flashbacks may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. You may find it difficult to concentrate or make decisions, or become more easily confused. Sleep and eating patterns also may be disrupted.
- Recurring emotional reactions are common. Anniversaries of the event, such as at one month or one year, can trigger upsetting memories of the traumatic experience. These 'triggers' may be accompanied by fears that the stressful event will be repeated.
- Interpersonal relationships often become strained. Greater conflict, such as more frequent arguments with family members and coworkers, is common. On the other hand, you might become withdrawn and isolated and avoid your usual activities.
- Physical symptoms may accompany the extreme stress. For example, headaches, nausea and chest pain may result and may require medical attention. Pre-existing medical conditions may worsen due to the stress.

There are a number of steps you can take to help restore emotional well-being and a sense of control following a disaster or other traumatic experience. *Read more online.*

The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Please check your benefits.